



Cultivate a brighter outlook through habits of gratitude with the Give Thanks Challenge.

When you take time to reflect on what you are grateful for, you can deepen your sense of purpose, reduce stress, and promote overall well-being.

Join the challenge, track your progress for 21 days by answering the daily question and improve not only your sense of gratitude, but your overall wellbeing. By tracking for at least 21 days, you are creating a healthy, sustainable habit! Complete the challenge to earn a credit towards your reward!

- 1. Register or log in at bzpsouthwestflorida.sharecare.com
- 2. Find the Challenges under the Achieve Icon
- 3. Join an Active or Upcoming Blue Zones Project Challenge



You do not need to purchase anything to be entered into the Sweepstakes drawing. Sweepstakes is open to legal residents of the 50 United States and District of Columbia (D.C.) who reside in one of the participating Communities and completes quarterly activities. Must be at least 18 years of age or older at date of entry. Internet access required. Starts 12:00 a.m. Eastern Time (ET) 01/01/2023 and ends 11:59 pm (ET) 12/31/2023. Visit <https://info.bluezonesproject.com/rewards-rules-fl> for full rules. Sponsor: Blue Zones Projects by Sharecare, Inc. Atlanta, GA. Void where prohibited.

